A Global Love Affair With Mangos:
A Tropical Approach to Utilize Culinary Medicine Principles to Reduce Chronic Disease Risk Among Americans

Sabrina A. Falquier, MD, CCMS, DipABLM
Culinary Medicine Physician
Professor, Speaker, Consultant
Founder and CEO: Sensations Salud, LLC
Disclosures

• This presentation was supported by an unrestricted honoraria from the National Mango Board.

• All opinions and ideas shared are personal and neither reflect the position, nor have the endorsement of, the National Mango Board.

• Advisory Board
  • Culinary Medicine Specialist Board

• All information shared is for informational purposes only and should not replace your medical home.
Outline

• Culinary Medicine - the big picture

• Meeting our patients where they are - within a culturally sensitive space

• Mango introduction - from land to fruit

• How nutrition science translates into ‘real life’ while exploring culinary medicine principles

• How to enjoy mangos locally from globally inspired flavors
Who Am I?
What Is Culinary Medicine

• Specialty in medicine looking at evidence-based nutritional information meeting the culinary arts

• Learning about nutrition to know ‘why’ and ‘how’ to cook and eat to prevent, improve and reverse chronic diseases

• Empower yourself, those around you, your patients, your clients... to cook and eat in a way that assists health in the short and long term
What Shall We Eat: The Evolution

ChooseMyPlate.gov

2011
“The Plate”
Whole Foods and Science Based

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
© Harvard University

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
To reach your audience, Know your audience
Mediterranean Pattern

Blue Zones
Mediterranean Score

- 9 point scale
- Vegetables
- Fruits and Nuts
- Legumes
- Cereals (whole grains)
- Fish
- Meat and meat products (less is better)
- Dairy products (less is better)
- Alcohol (moderation)
- Olive Oil usage

2 point improvement: decreases mortality risk: 25%

Why This Pattern Of Eating

• Primary Prevention of Heart Disease (PREDIMED 2013, 2018)

• Secondary Prevention of Heart Disease (Lyon Heart Trial, 1999)

• Lower Dementia Risk and Disease (Med Diet and Alzheimer Biomarker 2018, Association of Mediterranean-DASH Intervention for Neurodegenerative Delay and Mediterranean Diets w Alzheimer Disease Pathology, 2023)

• Lower Cancer Risk (Adherence to Mediterranean Diet and Risk of Cancer - Systemic Review and Meta-Analysis 2017)
Types of Mangos

Available year around

Peak -
March - July:
Honey/Ataulfo & Tommy Atkins
Where and How do mangos grow
Where and How
Who:
Faces Behind Our Mangos
From the Source
Bringing it to you...

Imported to US from:
Peru
Mexico (Oaxaca, Chiapas, Michoacan and Nayarit)
Nicaragua
Guatemala
In your own neighborhood
The Basics - Culinary
Mango - Popsicle
Mango - Popsicle

Maura Graber’s collection of Dutch mango forks via Cooking Down Under
https://lindarava.blogspot.com/2015/05/mystery-object-revealed.html
Global Love Of Mangos
Varied Palates, Varied Cultures

• Asia
• Africa
• Americas
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

© Harvard University

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Translation:
from science research to home

- Highlights…
  - Vitamin C
  - Fiber
  - Naturally Sweet
  - Folate
  - Copper
  - Vitamin A/E
Hydration

• Water

• Spa Water

• Muddled Fruit in Drinks
Balancing of Flavor

• Spices
• Herbs
• Sweet, Salty, Sour, Bitter, Umami
• Worldwide dishes and flavors from: Africa, Asia, the Americas
• Resources available to learn and be inspired
• Let your patient/client guide you
Protein Flip

- Animal protein as a condiment
- Protein from plants (beans, lentils) or unprocessed animal source
- 1/4 of plate, at most
- Plant kingdom to be center stage
- Let plating guide you
- Increase in Fiber, Vitamins and Minerals
- Decreased consumption of Saturated Fats
- Lower cost - buying less animal flesh
- Curry or stir-fry loaded with vegetables and protein of choice
Fish & Seafood

- Under-consumed in the US
- 2 times per week
- Protein & Healthy Fats - Omega 3
Whole Grains
Dessert Flip

• Fruit-Forward Desserts

• Mango Ice-Cream: 2-3 Ingredients
In Conclusion - Why

- Nutrient dense
- Unprocessed
- Versatile
- Naturally Sweet
- Delicious
In Conclusion - How

• Find out someone’s beginning - ask, always ask!

• Culturally sensitive in our conversations and inquiries. - always ask and learn before making recommendations

• Giving culturally appropriate recommendations - one size doesn’t fit all

• Introduce options depending on someones cooking styles and abilities, time, budget, palate, food and cultural history, preferences of spice, taste and texture

• Recommendations rooted in evidence-based nutritional information

• Know who’s on your team - refer, collaborate, bridge silos
Thank you

Questions and Conversation

Sabrina A. Falquier, MD, CCMS, DipABLM
Culinary Medicine Physician
Professor, Speaker, Consultant
Founder and CEO: Sensations Salud, LLC

www.SensationsSalud.com
info@SensationsSalud.com
@SensationsSalud on social media